

# ARTHRITIS FACTS FOR UTAHANS



8/2/2007

# What Is Arthritis?

- The word *arthritis* means joint inflammation.
- Arthritis comprises over 100 different diseases and conditions.
- The most common are osteoarthritis, gout and rheumatoid arthritis.
- Common symptoms include pain, aching, stiffness, and swelling in and around the joints.

# Impact of Arthritis

- Arthritis affects 1 in 5, or 47.8 million, U.S. adults
- By 2030, 1 in 4, nearly 67 million U.S. adults, will have arthritis
- Over 40% of U.S. adults with arthritis are limited in their usual activities
- Arthritis is the nation's leading cause of disability

# Impact of Arthritis (cont.)

- The number of U.S. adults with arthritis-attributable activity limitation is projected to increase from 19 million in 2005 to 25 million by 2030
- 8.2 million working aged U.S. adults (about 1 in 20) report work limitations due to arthritis or joint symptoms.
- Each year arthritis results in 750,000 hospitalizations and 36 million outpatient visits

# Arthritis Costs

- In 2003, arthritis and other rheumatic conditions (AORC) cost the United States \$127.8 billion
- Medical expenditures (direct costs) for arthritis and other rheumatic conditions in 2003 were 80.8 billion dollars, up from 51.1 billion in 1997
- Earnings losses (indirect costs) for arthritis and other rheumatic conditions in 2003 were 47 billion dollars, up from 35.1 billion in 1997.
- National medical costs attributable to AORC grew by 24% between 1997 and 2003

# Future Burden of Arthritis

## Projected Prevalence of Doctor-diagnosed Arthritis Among U.S. Adults 18 Years and Older in millions

| Year | Males  | Females | Total  |
|------|--------|---------|--------|
| 2005 | 18,480 | 29,538  | 47,838 |
| 2010 | 20,178 | 31,701  | 51,879 |
| 2015 | 21,732 | 33,993  | 55,725 |
| 2020 | 23,164 | 36,244  | 59,409 |
| 2025 | 24,622 | 38,587  | 63,209 |
| 2030 | 26,053 | 40,915  | 66,969 |

Data Source: Hootman JM, Helmick CG. Projections of US Prevalence of Arthritis and Associated Activity Limitations. *Arthritis and Rheumatism* 2006;54(1):226–229.

# Non-modifiable Risk Factors

- **Age** - The risk of developing most types of arthritis increases with age.
- **Gender** - Most types of arthritis are more common in women; 60% of people with arthritis are women. Gout is more common in men.
- **Genetic** - Specific genes are associated with a higher risk of certain types of arthritis, such as rheumatoid arthritis (RA) and systemic lupus erythematosus (SLE).



# Modifiable Risk Factors

- **Overweight and Obesity** - Excess weight contributes to the onset and progression of knee osteoarthritis.
- **Joint Injuries** - Damage to a joint contributes to osteoarthritis in that joint.
- **Infection** - Microbial agents can infect joints and cause the development of various forms of arthritis. (i.e. Parvovirus arthritis and gonococcal arthritis)
- **Occupation** - Certain occupations are associated with osteoarthritis of the knee.



# Key Health Messages

- **Develop Your Skills** - Self-management education, such as the [Arthritis Foundation Self Help Program](#) (AFSHP), helps you develop the skills and confidence to manage your arthritis daily.
- **Be Active** - Physical activity decreases pain, improves function, and delays disability. Make sure you get at least 30 minutes of moderate physical activity at least three days a week.
- **Watch Your Weight** - The prevalence of arthritis increases with increasing weight.

# Key Health Messages continued

- **See Your Doctor** - Although there is no cure for arthritis, early diagnosis and appropriate management is important, especially for inflammatory types of arthritis.
- **Protect Your Joints** - Joint injury can lead to osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending have more osteoarthritis.

# Management of Arthritis

- The focus of treatment for arthritis is to control pain, minimize joint damage, and improve or maintain function and quality of life.
- According to the American College of Rheumatology, the treatment of arthritis may involve the following:
  - Physical or occupational therapy
  - Splints or joint assistive aids
  - Patient education and support
  - Weight loss
  - Surgery
  - Medication

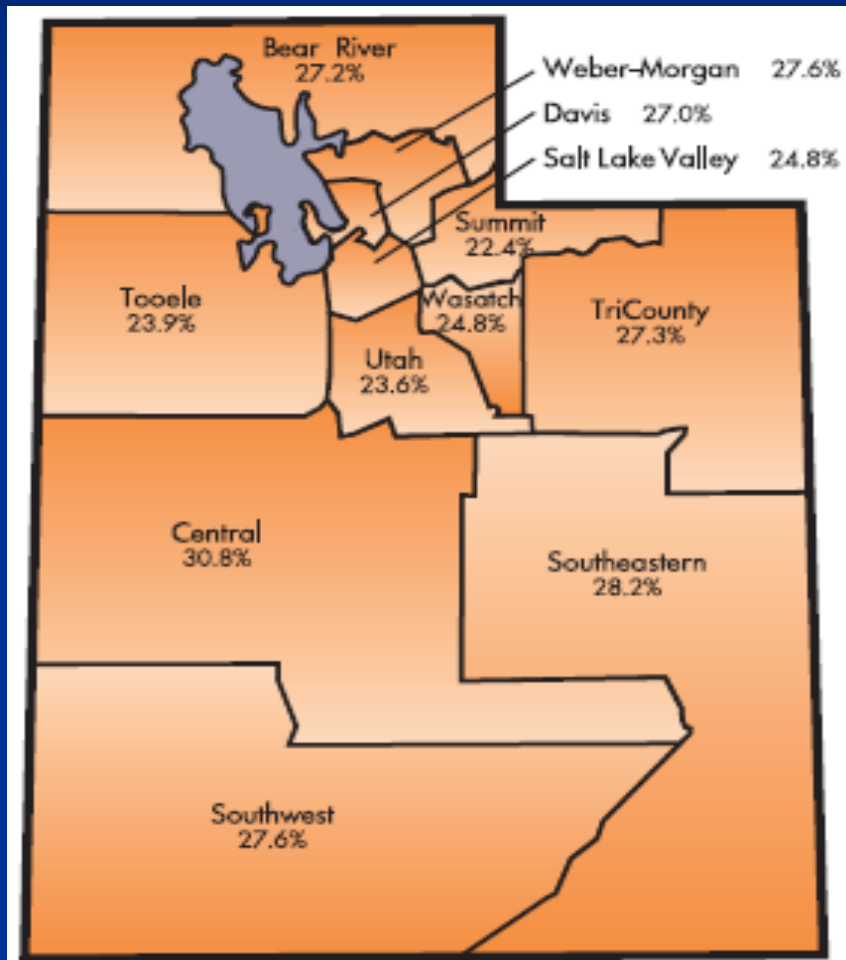
# Arthritis in Utah

- One in five Utah adults age 18 and older (22.7%; or 395,088) reported having arthritis in 2005.
- 25.8 percent of Utah women (224,000) reported arthritis compared to 19.5 percent of Utah men (170,000).
- Utah adults who were obese were 1.5 times more likely to report arthritis than persons reporting a normal body weight.

# Arthritis in Utah Continued

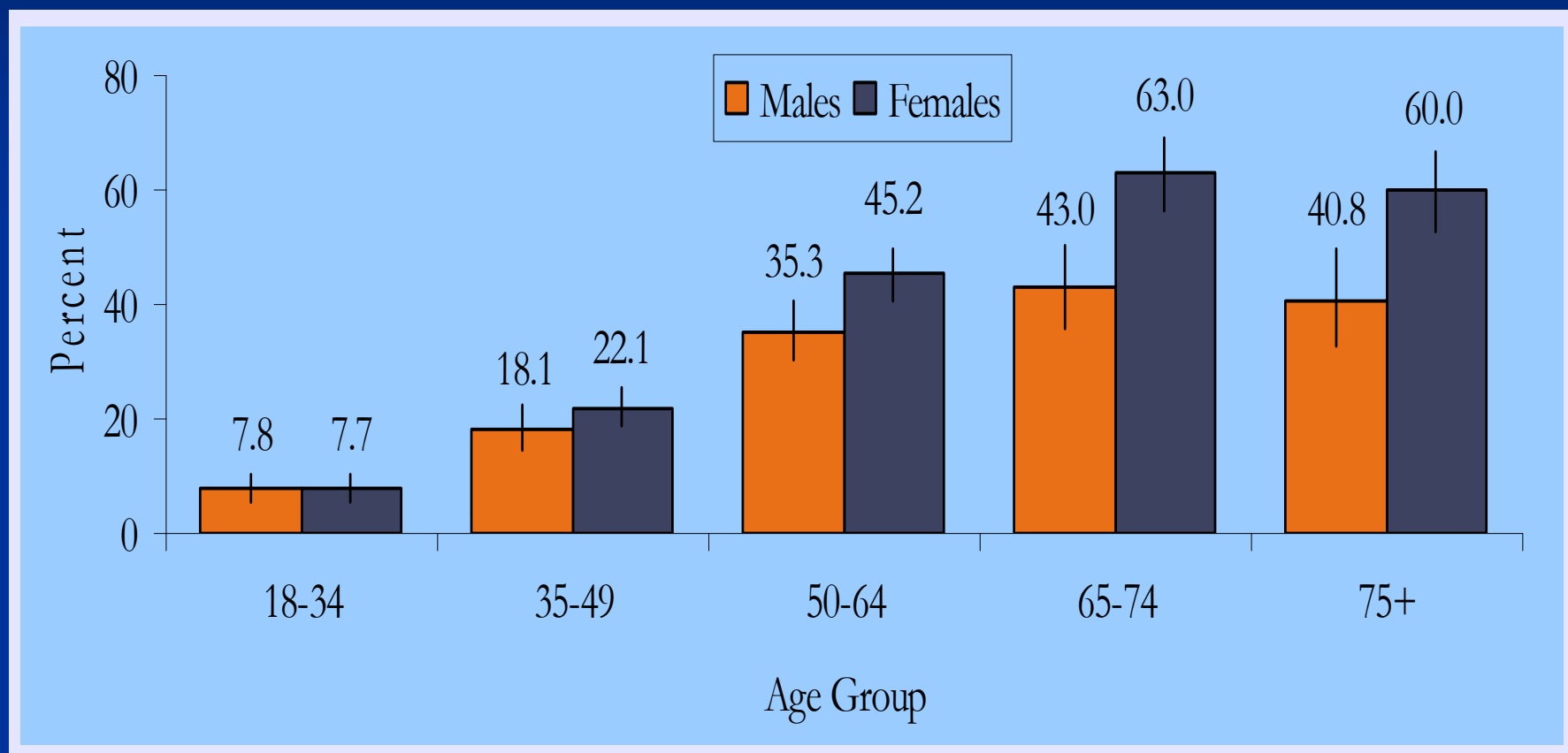
- Among adults with arthritis, 26.6 percent reported fair or poor health, 32.6 percent reported seven or more days of poor physical health in the past 30 days, and 22.5 percent reported seven or more days of poor mental health in the past 30 days.
- Adults with arthritis were more likely to report being inactive (26.8%) than adults without arthritis (15.9%).

# Age-adjusted Percentage of Adults Reporting Arthritis by Local Health District



- After adjusting for age, the prevalence of arthritis in Utah (25.7%) was similar to the rate in the U.S. (26.1%) for 2003-2005.
- The age-adjusted prevalence rate of arthritis in the Central Utah Health District (30.8%) was notably different than the age-adjusted rate in the U.S. and Utah.

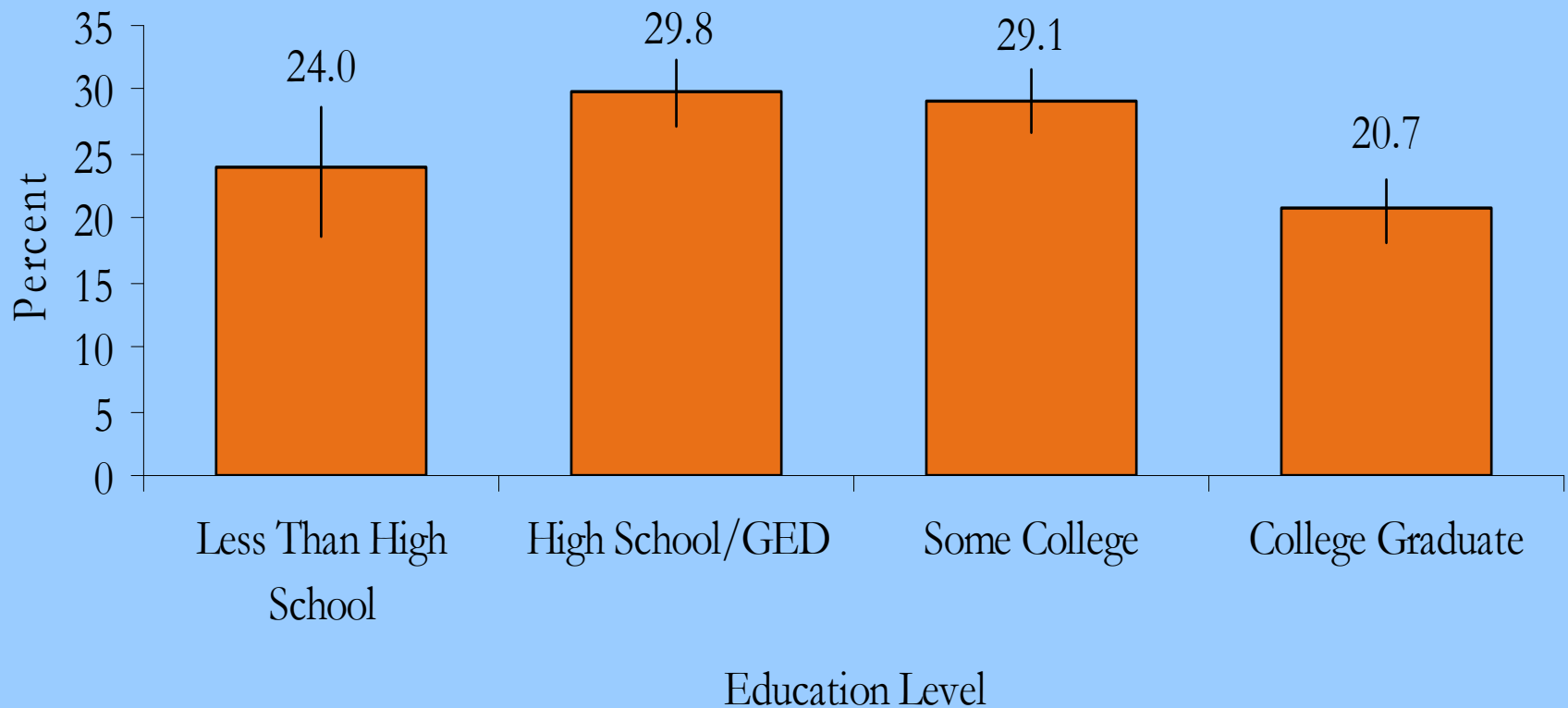
# Prevalence of Arthritis by Age Group and Gender, Utah 2005



See notes

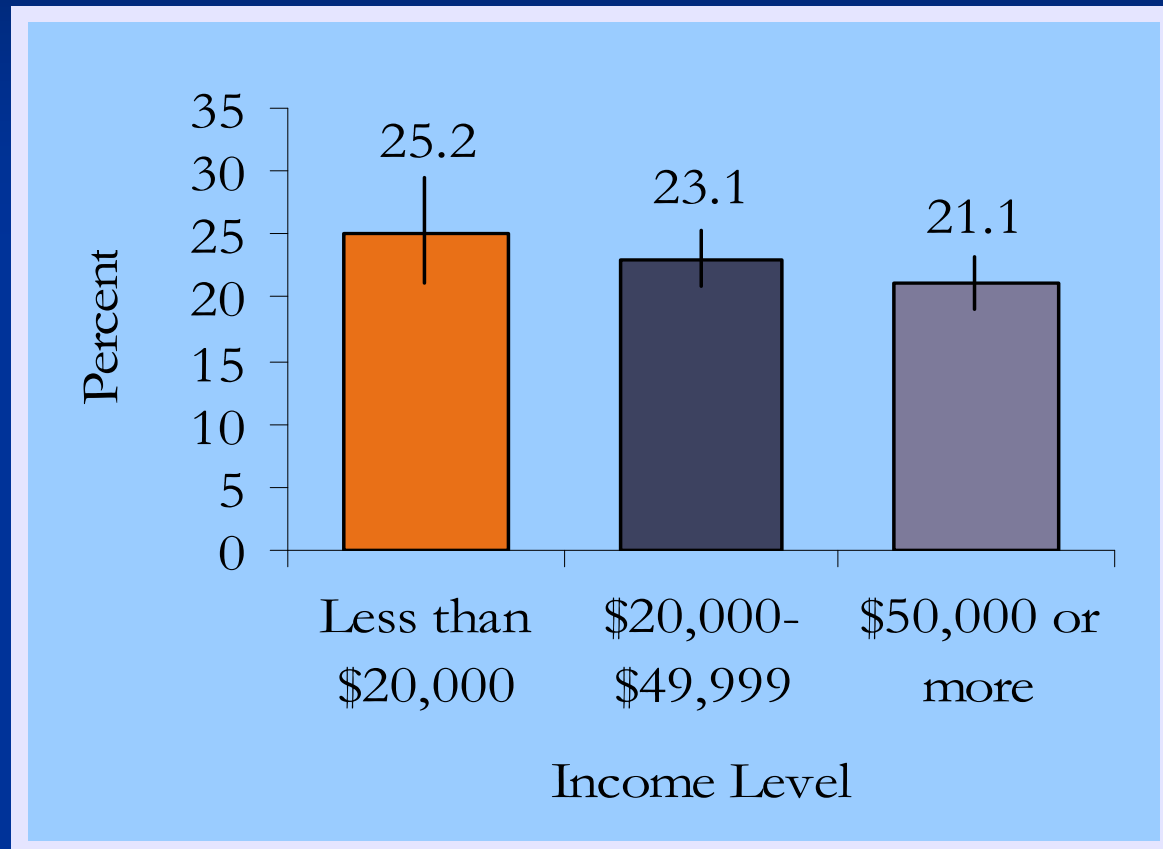


# Age-adjusted Prevalence of Arthritis by Education Level, Utah 2005



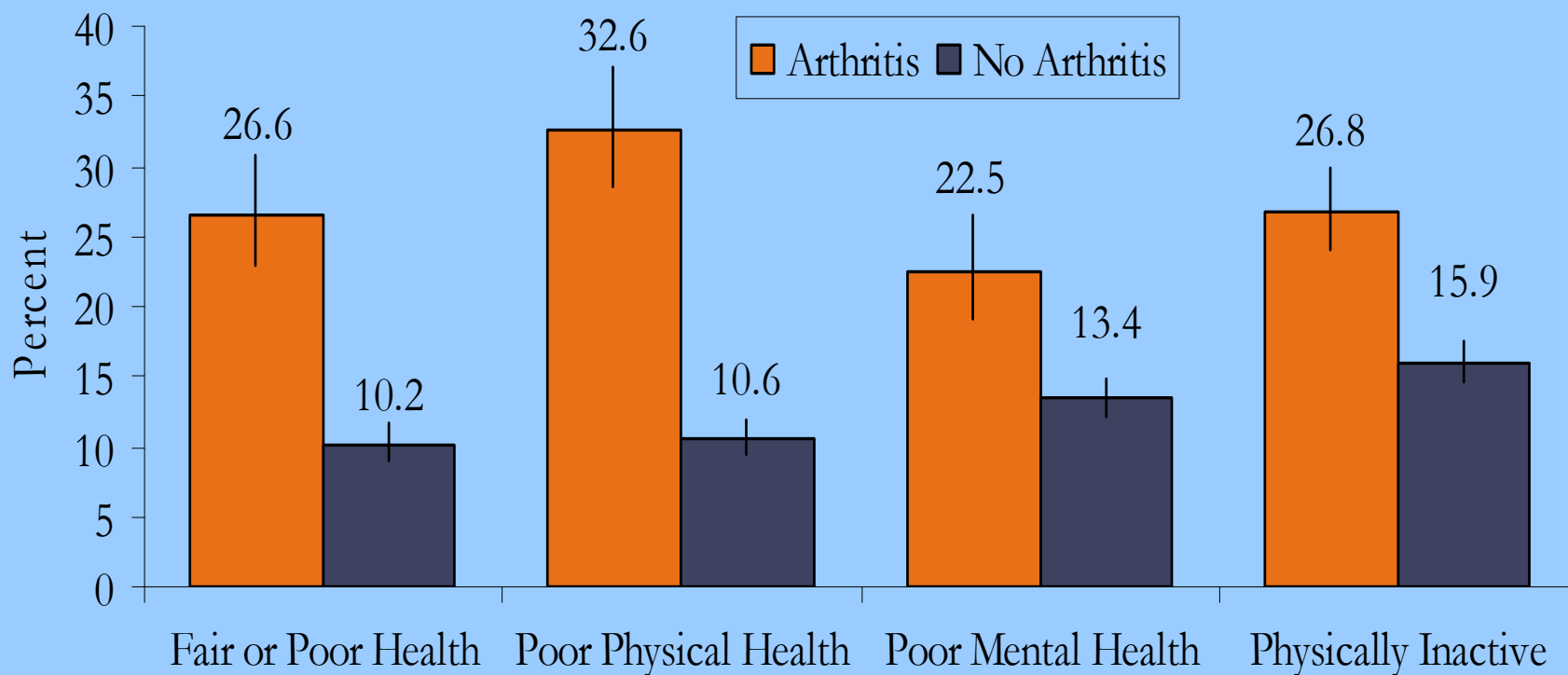
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# Prevalence of Arthritis by Income, Utah 2005



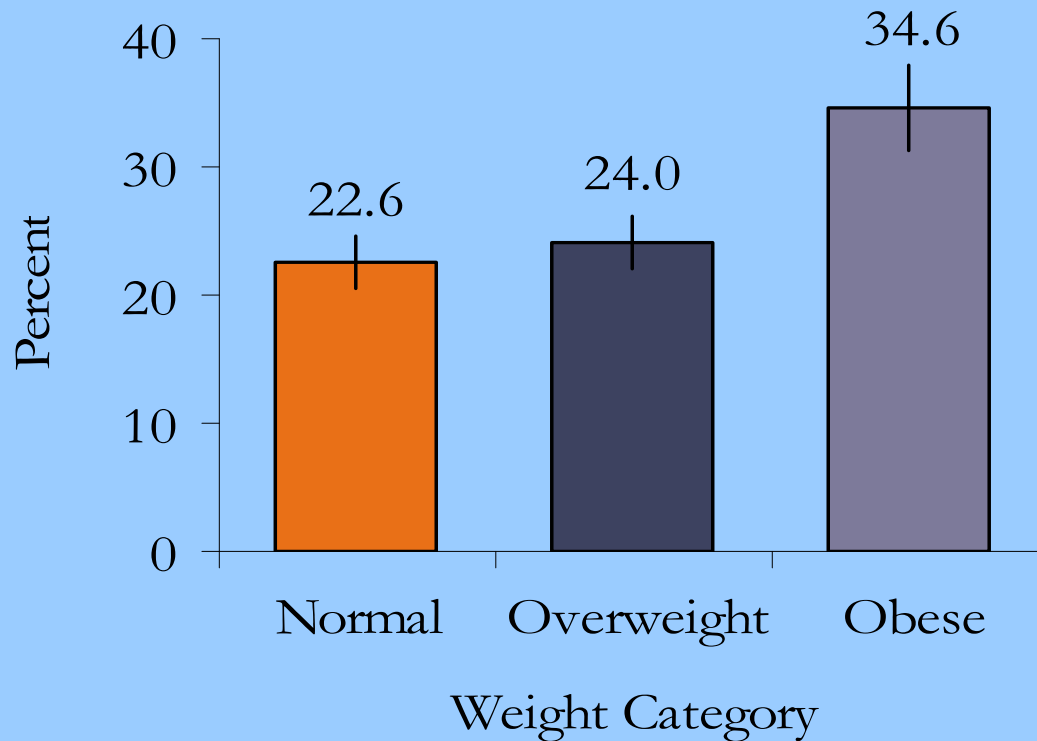
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# Impact of Arthritis on Health-related Quality of Life, Utah 2005



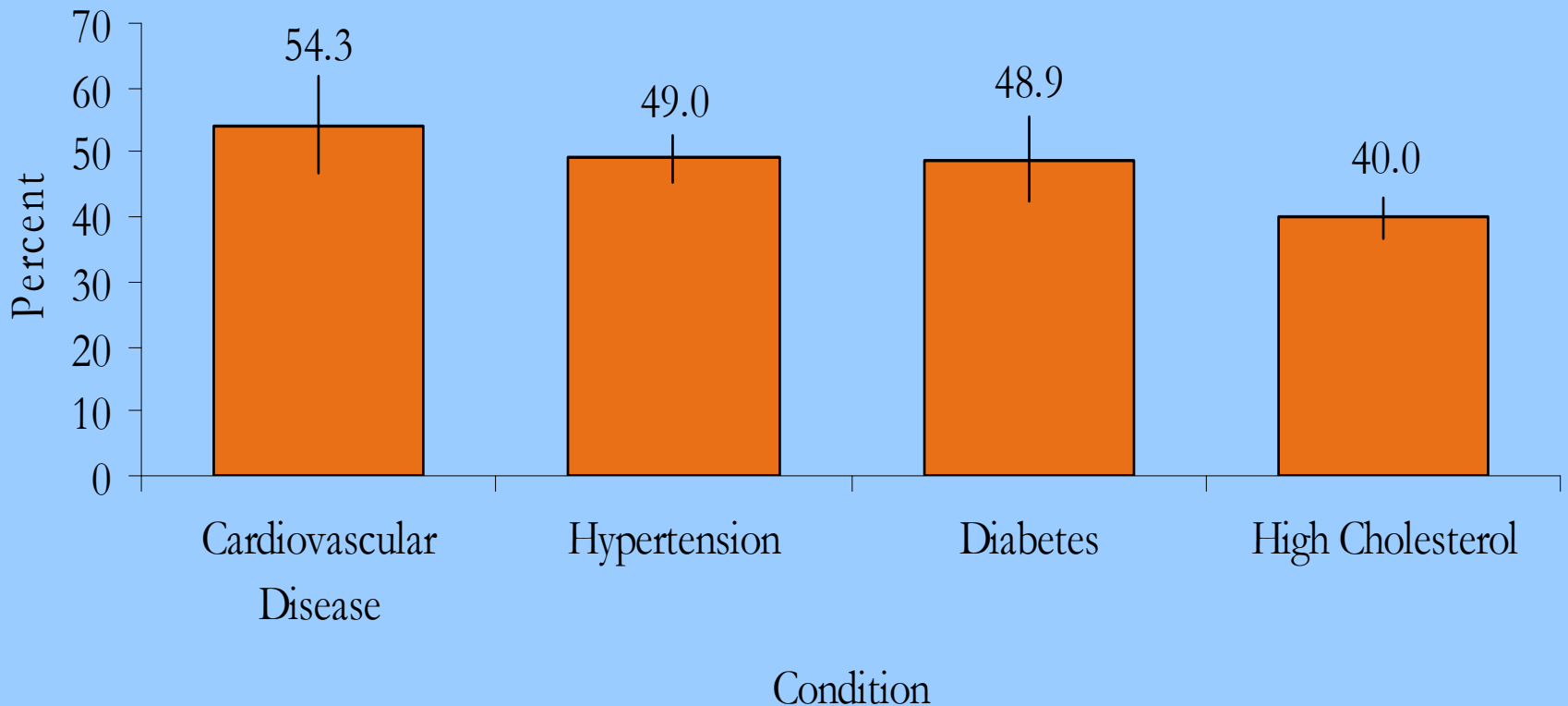
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# Prevalence of Arthritis by Weight Category, Utah 2005



See notes

# Prevalence of Arthritis Among Persons With Other Conditions, Utah 2005



See notes

# Arthritis-Related Inpatient Hospital Visits and Costs, Utah Residents, 2005

| Diagnosis/<br>Procedure | Hospital<br>Visits | Total<br>Charges | Average<br>Charge | Average<br>Length of Stay |
|-------------------------|--------------------|------------------|-------------------|---------------------------|
| Arthritis               | 9,146              | \$213,345,439    | \$23,406          | 3.8 days                  |
| Knee<br>Replacement     | 4,784              | \$122,717,950    | \$26,044          | 3.5 days                  |
| Hip<br>Replacement      | 1,692              | \$44,370,385     | \$26,617          | 3.6 days                  |

See notes

# For More Information Contact:

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